



Implementation Guide

For

Rule the Road Indiana

A Program of the Indiana Criminal Justice Institute's Traffic Safety Division

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Program Description

Young drivers are a focus for Indiana because research consistently illustrates this population of new drivers are far more likely to be involved in collisions than that of their older counterparts. When Indiana strengthened the Graduated Driver's License Law, the Indiana Criminal Justice Institute's (ICJI) Traffic Safety Division partnered with *Ford Driving Skills for Life* to create a teen driving education program entitled Rule the Road.

Over the years, ICJI has further developed and refined the program into what it is today: a hands-on, high-impact, one-day event providing young drivers the chance to learn skills beyond what most driver's education courses teach. This event pushes young drivers to critically think about dangerous situations that can occur on the road, and offers practical training and techniques for how to handle these situations safely and with the best response.

In partnership with State Farm Insurance, Indiana SADD, the Bureau of Motor Vehicles, and local communities, ICJI will bring this program to local communities FREE OF CHARGE.

Since its beginning, young people throughout Indiana have shared their appreciation for having the opportunity to experience Rule the Road:

- *"It teaches you a lot about the hazards on the road and how to react to them."*
- *"It's a fun way to learn how to be safe behind the wheel."*
- *"It could be the difference between life and death when you actually are in dangerous situations."*



While State and corporate sponsorships continue to make Rule the Road possible, it's the local partnerships that make it a success. With each event, ICJI works with local law enforcement agencies, school corporations, and other community partners to bring this life changing education program to local areas – all with the goal of protecting the next generation from the #1 killer of teens: accidents on the road.

Community Roles and Responsibilities

Though ICJI offers ample support in bringing Rule the Road to a community, the success of the event truly rests on local partnerships. Below is a list of the roles and responsibilities of the local partners.

- Host Community Responsibilities
 - Secure location
 - Coordinate a site visit for proposed location with ICJI prior to completing agreement.
 - Event location must be at least 2 football fields with limited obstructions
- Staffing
 - A minimum of 3 law enforcement officers who are also Emergency Vehicle Operator (EVO) Instructors.
 - At least 1 law enforcement officer who is certified in Standardized Field Sobriety Testing.
 - Submit all paperwork to ICJI for EVO instructor reimbursements no later than two weeks following the event date.
- Event Needs
 - Provide a minimum of 3 vehicles for student driving courses.
 - Provide a minimum of 5 tables and 30 chairs for event needs.
 - Provide lunch for students and volunteers.
 - Provide trash cans.
 - Provide all traffic cones.
 - Provide a minimum of 3 prizes for student participants to be given away at the end of the day. Prizes may include gas cards, local discounts, gift cards, jumper cables, etc.
- Media Coverage
 - Work with local media to promote event and educate community prior to, during, and following the event.
 - Template press releases will be provided upon agreement completion.
- State Farm Outreach
 - Reach out to your local State Farm agent to participate in the day, as a simple way to show appreciation for the provided funding.

ICJI/Statewide Partner Roles and Responsibilities

ICJI and additional statewide partners are committed to assisting your community to help make your local Rule the Road event a success. As part of that commitment, below is a list of the roles and responsibilities of ICJI and our statewide partners.

- **Templates and Other Documentation**
 - EVOC Course Templates
 - Press Release Templates
 - EVOC Instructor reimbursement forms
 - Community letter templates
- **Staffing**
 - An ICJI staff member who will communicate with you through the entire process, from planning to implementation, working to answer questions, address concerns, confirm event details, submit necessary paperwork, etc.
 - An ICJI staff member who will handle collecting registrations and provide a final registration list to the community, a week before the event.
 - A minimum of 4 ICJI/statewide partner staff members to help during the event.
- **Event Needs**
 - Provide pre and post surveys for student participants.
 - Provide student participants with notebooks, t-shirts and other event materials.
 - Provide station instructions to assist with set up.
 - Provide event supplies, including: nametags, student evaluations, and pens.

Required Activities

Driving Circuits – *Perform at least two*

OFFSET LANE: The student will enter the approach lane forward at a slow speed (approximately 5mph) with the hands at 9 and 3 on the steering wheel. The student steers the vehicle into the lane and then returns using ½ turn steering inputs. The student then shifts into reverse and backs through the course making the proper lane changes using approximately ½ turn steering inputs. The student should back up looking over his/her right shoulder and place the left hand at the top of the steering wheel. Instructor should explain maneuver, purpose and demonstrate the maneuver for each group of students. Each student will get one turn (unless they do really bad) until all students have had a chance and then the students may try again.

CONTROLLED BRAKING: Student enters the approach lane at the speed indicated by the instructor (20-25 mph). When the braking cue is given by the instructor, the student steers into the indicated lane quickly to avoid the barrier, using the 9 and 3 hand position. At the same time, he/she brakes hard. If the student feels the vehicle sliding, they will ease up on the brake, but the student steers the vehicle into the next lane to avoid the other barrier and stops the vehicle in a straight line. The student should avoid anticipation of the braking cue, maintain the 9 and 3 hand position, not hit cones, not lock the wheels, and return the vehicle completely to the right lane and stop approximately even with the lane barrier. Instructor should explain maneuver, purpose, real life situations in which this move may be needed and demonstrate the maneuver for each group of students. Each student will run through this course 4-5 times (loading and rotating all vehicles at the same time). Students may have another turn once everyone has had a chance.

EVASIVE MANEUVER: Student enters the approach lane at the speed indicated by the instructor (20-25mph) and maintains that speed. The instructor cues the student to go right or left. The proper response by the student is to release the throttle, and at the same time, steer in the indicated direction around the barrier and into the exit lane. The brakes are *not* to be used in this exercise – more of a “lift” of the gas and “turn” into the exit lane. The 9 and 3 hand position is used to execute the maneuver. There is no need for more than 180 degrees of steering. To avoid anticipation, the student should not stare at the barricade. Instructor should explain maneuver,



purpose, real life situations in which this move may be needed and demonstrate the maneuver for each group of students. Each student will run through this course 4-5 times (loading and

Required Activities

rotating all vehicles at the same time). Students may have another turn once everyone has had a chance.

SERPETINE: Connects controlled braking to evasive maneuver. This allows the student to continue practicing with the 9 and 3 hand placement and develop smooth steering rhythm through throttle control. Each student will go through this course 4-5 times (loading and rotating all vehicles at the same time). Students may have another turn once everyone has had a chance.

Host Community Responsibilities:

- Cars
- Cones
- Officers

ICJI/ Statewide Partners Responsibilities:

- Templates for Courses
- Overtime pay for officers

Required Activities

Skid Car

The Skid Car will simulate an out of control vehicle at low speeds (10-15mph). The goal is for the participant to regain control over the vehicle by looking for an open area on the road and staying off of the brakes. Reinforce hand placement at 9 and 3, and encourage students to “look where they want to go” and to let their hands take them there.

- Enter students into the car three at a time.
- Give each student approximately 3 minutes and 30 seconds to practice driving out of a skid.
- Switch drivers.
- Once everyone in the car have completed the task, return to loading area for next group of students.

Talking Points

- Look where you want to go.
- Find an open spot on the road and focus on it. Don't focus on the items that you are trying to avoid.

Host Community Responsibilities

- Car
- Cones
- Officers

ICJI/ Statewide Partners Responsibilities

- Skid Car Equipment
- Tools for Installation
- Staff to Install/Uninstall



Field Sobriety Test

Officers will take the participant through a host of field sobriety tests and portable breath test (PBT), if available. Some of the students may find themselves as part of a mock arrest for driving under the influence or illegal consumption of alcohol.

- This activity should be located near the Fatal Vision Course, using the Fatal Vision Goggles.
- Have students wear fatal vision goggles and go through the field sobriety tests.

Talking Points

- Talk about signs of impairment (i.e. bloodshot, dilated or constricted pupils, balance, speech, smell, containers in view, etc.) and that these signs are used for both drugs and alcohol impairment.
- Talk about how a PBT is not the only way to prove impairment and the majority of proof lies with officer's observations.
- Talk about field sobriety tests used to determine impairment on alcohol and other drugs, including finger dexterity, finger to nose, one leg stand, backwards count, heel-toe walking, ABCs, gaze nystagmus, etc.
- Talk about how a PBT is not required for a conviction.



Host Community Responsibilities

- Officer

ICJI/ Statewide Partners Responsibilities

- Fatal Vision Goggles

Distracted Driving Simulator

Located inside, the Distracted Driving Simulator will take the participant through a computer driving course in which they will use their cell phone, or an onscreen simulated phone, to text while driving. Other driving distractions will also show up from time to time. While the students wait for their turn, another distraction activity will be available.

- The simulator will be set up by ICJI staff.
- Staff will select a driving course. The student will then begin driving, following the directions of their onscreen passenger (make sure the volume is turned up). The system will create risky situations while they are driving. They will either complete the exercise successfully, be stopped for speeding, stopped for running a red light, stopped for not following directions, or be involved in a crash.
- If a mistake is made early on, the student may try again. Try to keep each student at a maximum of 5 minutes, as this activity tends to get backed up.

Talking Points

- A texting driver takes their eyes off the road for 4.6 seconds at a time. Traveling at 55mph, they would travel the length of an entire football field without ever looking at the road.
- Using a cell phone while driving, whether it is hand-held or hands-free, delays a driver's reactions as much as having a blood alcohol concentration of .08% (the legal limit).
- Texting and driving requires three types of distraction: Visual (taking your eyes off the road), manual (taking your hands off the wheel), and cognitive (taking your mind off of what you are doing).
- The addition of each passenger increases the risk of crashes
- Teen drivers who have less than 8 hours of sleep per night are 1/3 times more likely to crash than teen drivers receiving 8 hours or more.

Host Community Responsibilities

- Power for Simulator
- Table (table top is to be an inch or less in thickness) and two chairs

ICJI/ Statewide Partners Responsibilities

- Simulator
- Staff to run Simulator



Distract-A-Match

Distract-A-Match is a game with eight shapes and eight colors that provides a cognitive matching challenge to demonstrate how simple distractions impact your focus and thinking.

Each unique shape represents a common driving distraction that people may not realize as being a crash risk, and allows you to engage your audience in a discussion on how to avoid these common threats. The Distract-A-Match game mat identifies eight driving strategies that should be second nature to experienced drivers, and allows you to reinforce these driving habits that research shows if put into practice, will significantly reduce one's crash risk.

- Participants are given 30 seconds to correctly place as many shapes as possible on the game mat.
 - To make it more challenging, ask them to lay down all of one color and then another, or all of one shape, before moving to the next.
- The exercise is then repeated a second time with an added distraction, like counting backwards from 100, texting or talking on a cell phone, or talking with the recommended Fatal Reaction® Distraction Simulator.

Participants typically struggle when the additional visual, manual, and cognitive distractions are added to the activity. Common results include the participant miscounting, struggling with the placement of the shapes on the game mat, or focusing on a single task while ignoring their performance on another.



Host Community Responsibilities

- Table and two chairs

ICJI/ Statewide Partners Responsibilities

- Distract-A-Match Activity

Seat Belt Convincer

This is an outdoor activity where participants experience the impact of a low speed crash. Students climb into the carriage of the Seat Belt Convincer, buckle up, and then a lever is released allowing them to go down the rails and feel the impact of a 5-7 mile per hour crash. This educational tool provides opportunity for great conversation with participating students and bystanders.

Talking Points

- Think about the force that was felt at such a low speed (5-7 mph), which is generally the speed driven while traveling within a parking lot.
- Most crashes occur at 40 mph or faster, so think about the force you just felt and multiply that by 7 or 8.
- In 2014, only 47 percent of Hoosiers killed in crashes were wearing a seatbelt.
- Drivers in collisions are 14 times more likely to be killed when they are not wearing a seatbelt.

Host Community Responsibilities

- Electrical Access
- Additional Extension Cords (if not within reasonable distance of electrical access)

ICJI/ Statewide Partners Responsibilities

- Seat Belt Convincer
- Extension Cord
- Staff to run Convincer



Recommend/Optional Activities

Quick-Click Challenge

The Quick-Click Seatbelt Challenge is an outdoor activity and will consist of teams of four students who will take their turns at seeing how fast their team can buckle up. The quickest team will win a t-shirt, as well as bragging rights – complements of Indiana SADD. Additional prizes may be awarded if obtained by the participating law enforcement agency or community.



Host Community Responsibilities

- Car

ICJI/ Statewide Partners Responsibilities

- Whistle
- Timer
- Quick-Click T-shirts for winning team

Quick-Click Challenge Rules

1. Find an area that is level and paved to provide good footing.
2. Set up boundary markers (ropes, chalk or cones) to keep spectators out of the relay area.
3. Divide your group into teams of four (someone can go more than once if the teams are uneven).
4. The four members will start buckled in their seats.
5. For safety, all doors must remain OPEN at all times. Participants are to make a concerted effort to avoid any contact with the exterior of the vehicle, especially the doors. Not doing so may result in a time penalty or disqualification, assessed by the Quick-Click Crew.
6. When the whistle is blown, the stopwatch is activated. Each person will unbuckle, EXIT the vehicle and move to the next seat (in a clockwise rotation). After every safety belt is buckled, team members raise BOTH hands into the air.
7. One monitor will watch and blow the whistle when all four players are buckled up with hands raised.
8. The action is repeated four times, so that each person sits once in each seat — again, always moving CLOCKWISE.
9. When each member is back in his/her original seat, buckled with raised hands, the time is stopped and recorded by the second monitor.
10. Upon completion, send a photo of the quickest team (along with t-shirt sizes) to Indiana SADD. Your team will be recognized on social media, and Quick-Click T-shirts will be mailed to you (limit of four per school, per school year).

Fatal Vision Obstacle Course

This activity is located outside, as participants will drive a golf cart through a designated course while wearing fatal vision goggles to simulate impairment.

- This activity is only possible if the law enforcement agency has access to a golf cart.
- Indiana SADD can provide cones and assist with setting up a course.
- ICJI/Indiana SADD will provide fatal vision goggles.
- Have the student drive the course first without wearing the goggles (make sure to use the seatbelt on the cart).
- The second time through, the student will wear the goggles to simulate impairment.

Talking Points

- Car crashes are the number one killer of teens.
- We are traveling at only 2-4 mph in this golf cart. People who drive impaired are often traveling much faster.
- Reinforce other types of impairment (prescription drugs, marijuana, spice, illegal drugs, etc.) and remind students those types of impairment are just as serious.
- People who are impaired will sometimes believe they are okay to drive. Their mind is not sharp enough to tell them otherwise. Additionally, their vision, speech, or other cognitive or motor skills are not up to par. These are all required to safely operate a vehicle.
- Talk of any personal experiences with impaired driving in your community.
- Discuss the importance of not riding with impaired driver, as well.

Host Community Responsibilities

- Golf Cart

ICJI/ Statewide Partners Responsibilities

- Mini-Cones
- Fatal Vision Goggles



Vehicle Maintenance

This session will focus on the importance of proper vehicle maintenance in preventing crashes. During this session, led by a mechanic, students should be taught how to check tire pressure, check tire tread, check fluids, check windshield wipers, check headlights, as well as preparing for a roadside emergency. All students will also be given a Road Readiness Glove Box Guide.

Talking Points

- Importance of having good tires: replacing them, changing them, having proper tire pressure.
- Importance of good wiper blades: keeping them clean, when they need to be replaced.
- Scraping windshields in snowy conditions: clean it all off and why that is important.
- Roadway kits and why they are important to own, and their proper use.
- How to jump a battery.

Host Community Responsibilities

- Staff
- Vehicle

ICJI/ Statewide Partners Responsibilities

- Provide each student with pamphlet



Blind Spot Recognition

This session focuses on the importance of recognizing a vehicle's blind spot and how to make sure you are seen, and can see, safely on the road.

SPOT THE TOT: ICJI will provide a tarp that will be placed behind a parked car. The participant will sit in the driver's seat of the vehicle. Exercise will help them to understand the dangers of driving in areas with small children and always watching for them.

SEMI: Place a semi in the lot with cars parked around it. Have the participants sit in the driver seat of the semi to see what the semi driver sees. *This scenario is best used in communities with a lot of semi traffic.*

COMBINE: Place a combine in the lot with cars parked around it. Have the participants sit in the driver seat of the combine to see what they see. *This scenario is best used in rural communities with farm equipment.*



Host Community Responsibilities

- Semi
- Additional Cars for Visual
- Staff

ICJI/ Statewide Partners Responsibilities

- Provide all materials for Spot the Tot
- Can assist with finding partners

Frequently Asked Questions

1. What is the value of this program in my community?
 - a. Motor vehicle crashes are the leading cause of death for teens. This event can help teach better and safe driving habits to the teens in your community that very well could save their lives.
2. How much and what type of space do I need?
 - a. At least 3-4 football fields with limited obstructions for driving activities, a space inside for the simulator, bathroom access, cover in the event of inclement weather, and access to outdoor electricity.
3. What types of places are big enough?
 - a. An airport, college parking lot, or an unused car lot, are great spaces to host the event. You may have another type of space in mind and this can be discussed during the planning stage.
4. How many students will need to attend?
 - a. At least 45, but no more than 75.
5. Who should I contact to recruit teens?
 - a. School administration. Please note, they should be called to solicit participation prior to scheduling a date with ICJI.
6. Will officers participating receive pay?
 - a. ICJI will pay up to 7 officers \$240.00 each for their participation, though depending on the event size/space, and number of participants, more officers/volunteers may be necessary.
7. What time would officers need to start setting up?
 - a. Set up will begin two hours prior to the event time.
8. How many staff/volunteer members will be necessary at the event?
 - a. The number of necessary staff/volunteer members will vary, and this will be discussed during the planning stage.
9. How much time should be given for planning?
 - a. You should allow at least 60 days for planning.

Frequently Asked Questions

10. From where should I solicit prizes/donations?

- a. Often your surrounding community will welcome involvement and engagement. Therefore, we encourage event sponsors to reach out to their community for prizes and donations.

Contact Information

Contact Information: For additional information or to discuss hosting Rule the Road in your community, please send us an email or give us a call. We'd love to work with you in bringing this life-saving education program to your area.

Kaci Wray

ICJI Traffic Safety Division Program Manager

kwray@ICJI.in.gov, (317) 232-2561

Resource Links: You can also check us out online and follow us to stay up-to-date on Rule the Road news and events.

Rule the Road Homepage: <http://www.in.gov/cji/2382.htm>

Rule the Road Facebook Page: <https://www.facebook.com/RuletheRoad/>